



**Santa Clara Senior Center**

# NEWS

**August 2012**

## **40 Happy Years and Going Strong (1972-2012)**

The City of Santa Clara has been offering vital services and programs for seniors for 40 years. Help us celebrate the many memories made on August 29 at the Ice Cream Social.

### **Ice Cream Social**

**Wednesday, August 29**

**1:00pm**

"Senior Day" is a great day to join with friends at the annual Ice Cream Social, held at the beautiful Senior Center. There will be plenty of ice cream and a variety of toppings for seniors to create their favorite sundaes! Entertainment included!

Tickets will be available for purchase on August 29th, starting at 7:45, in the snack bar.

Price: \$2; Santa Clara Senior discount: \$1



For information contact the  
Senior Center at  
[CustServSrCenter@SantaClaraCA.gov](mailto:CustServSrCenter@SantaClaraCA.gov)  
or 408-615-3170

Santa Clara Parks and Recreation Department  
1303 Fremont St., Santa Clara, CA 95050  
(408) 615-3170 • [www.santaclaraca.gov](http://www.santaclaraca.gov) • [custservsrcenter@santaclaraca.gov](mailto:custservsrcenter@santaclaraca.gov)  
Monday–Friday 7:00 AM–5:00 PM • Saturday 9:00 AM–12:00 PM  
(The office closes 30 minutes prior to the building)

**Santa Clara**



# SERVICES AVAILABLE AT THE SENIOR CENTER

All numbers are area code (408) unless otherwise noted.

	Provider	Phone/Website
<b>Care Management Services</b> Services available by appointment: in-home assessment, connection to community resources, service coordination. Services available to City of Santa Clara seniors age 60+.	<b>Santa Clara Parks &amp; Recreation and Council on Aging Silicon Valley</b>	<b>615-3170</b> <b>www.santaclaraca.gov</b> <b>www.coasiliconvalley.com</b>
<b>Health and Wellness Services</b> Services available by appointment: health education, healthcare coaching, social engagement, home visits, blood pressure. Services available on drop in basis: blood pressure clinic Thursdays 9:30-11:30am Services available to City of Santa Clara seniors age 50+.	<b>Santa Clara Parks &amp; Recreation</b>	<b>615-3170</b> <b>www.santaclaraca.gov</b>
<b>Health Insurance &amp; Medicare Counseling (HICAP)</b> Free information and assistance on Medicare related issues. Tuesdays by appointment. Services available to anyone on Medicare.	<b>Council on Aging Silicon Valley</b>	<b>615-3170</b> <b>www.coasiliconvalley.com</b>
<b>Senior Information and Resources</b> Information, resource, and referral services for seniors at home. Services available to City of Santa Clara seniors age 50+	<b>Santa Clara Parks &amp; Recreation</b>	<b>615-3170</b> <b>www.santaclaraca.gov</b>
<b>Legal Assistance</b> Free legal assistance available two Wednesdays per month, by appointment Services available to Santa Clara County seniors age 60+	<b>Senior Adult Legal Assistance (SALA)</b>	<b>615-3170</b> <b>www.sala.org</b>
<b>Notary Service</b> Free service by appointment, Fridays 8:00-9:00am. Signer must be present and provide government issued identification. Services available to seniors age 50+	<b>Volunteer</b>	<b>615-3170</b> <b>www.santaclaraca.gov</b>
<b>Dining Out</b> Nutritionally balanced lunch served weekdays 11:30am. Advanced reservations are required. \$3.00 donation. Services available to Santa Clara County seniors age 60+.	<b>Santa Clara Parks &amp; Recreation and Santa Clara County</b>	<b>615-3174</b> <b>www.santaclaraca.gov</b>
<b>Tax Assistance</b> Offered throughout the year.	<b>AARP volunteers</b>	<b>615-3170</b>

**Additional resources for seniors are available online @ [www.santaclaraca.gov](http://www.santaclaraca.gov) or at the Senior Center.**

**AMERICANS WITH DISABILITIES ACT (ADA)** – In accordance with the Americans with Disabilities Act of 1990, the City of Santa Clara Parks and Recreation Department will ensure that all existing facilities will be made accessible to individuals with disabilities. Reasonable modifications in policies, procedures, and/or practices will be made as necessary to ensure full and equal access and enjoyment of all programs and activities for all individuals with a disability. In order to allow participation by individuals with severe allergies, environmental illnesses, multiple chemical sensitivity, or related disabilities, **please DO NOT wear scented products** to programs/activities at City facilities. Contact the Santa Clara Senior Center at (408) 615-3170 with accessibility concerns specific to this facility, and the Parks and Recreation office at (408) 615-2260 for accessibility concerns regarding other parks and recreation facilities/programs. For all other ADA questions, contact the City Clerk's office at (408) 615-2220.

# CLASSES

## Jazz Dance

**Tuesdays • 1:00–2:00 p.m.**

Come and dance your way to a healthier you! This class focuses on improving physical health and wellness through movement. Strengthen your balance, flexibility, memorization and gross motor coordination while enjoying upbeat music. Participants will learn simple dance technique, steps, combinations and routines in a fun and supportive atmosphere. Some exercises may include the use of chairs for props while sitting and / or standing. All abilities are welcome. **Instructor – S. Van Dyne**

## No Falls S.O.S.

**Tuesday and Thursday • 11:00–11:30 a.m.**

Register on a monthly basis; Santa Clara senior discount applies. **S**tretch, **O**bserve & **S**trengthen your way to decreasing the risk of falling. Class is designed to accommodate the needs of those with physical health and mobility challenges. Focusing on falls prevention, this class provides you with gentle exercises to develop and improve your balance, sense of equilibrium, flexibility, spatial awareness and core muscular strength. Improve your overall health and quality of life while decreasing the risk of falls. Some exercises will include the use of chairs for props while sitting and/or standing. All abilities welcome. Individuals utilizing mobility aides (walkers, wheelchairs, etc.) are encouraged to register. **Instructor – S. Van Dyne**

## Pilates Mat – Building the Foundation

**Tuesdays and Thursdays • 7:30–8:30 a.m.**

This class will focus on the fundamental principles of Pilates to achieve greater overall body strength and flexibility by concentrating on the physical core. The class will flow, exercise to exercise, in a manner that challenges, yet adapts to the needs of the participants. **Instructor – A. Strauss**

## Jazzercise with Jerome!

**Monday and Wednesday • 7:30–8:30 a.m.**

This fun, energizing jazz program consists of cardio, strength building, & stretching moves. Modifications to each routine are offered to meet the needs & fitness levels of all participants. **Instructor – J. Flowers**

## Zumba Gold® with Ginger

**Mondays • 10:00–10:45 a.m.**

**Wednesdays • 9:30–10:15 a.m. \*\*New Time/ Day\*\***

Zumba Gold® with Ginger is a Latin dance-inspired workout. Let the music move you in this upbeat, “fitness party.” Zumba Gold with Ginger is a lower impact, easy-to-follow fitness class that keeps you in the groove of life! **Instructor – G. Wilson**

## Fitness for All

**Wednesdays • 10:30–11:15 a.m.**

Strengthen and tone your body to enhance overall health and physical fitness level. Gentle aerobic, toning and stretching exercises will improve your balance, flexibility, endurance, range of motion, sense of equilibrium and core muscular strength. Exercises will include chairs for props while sitting or standing. Class is designed to accommodate the needs of those with physical health and mobility challenges. All abilities are welcome. Individuals utilizing mobility aids (walkers, canes, wheelchairs, etc) are encouraged to register. **Instructor – S. Van Dyne**

## Tai Chi for Life!

**Tuesdays & Thursdays • 8:45–9:45 a.m.**

Learn new ways to relax, revitalize, and have fun! Tai Chi is a mindful, internal martial art that flows in gentle and slow, whole body movements. Tai Chi promotes health, balance, flexibility, strength, and clarity. **Instructor - L. Scheer**

**Join us for exciting classes that are designed to energize & motivate you to increase your fitness & activity levels.**

Seniors of all ages\* & abilities are encouraged to register! For complete class descriptions, please refer to the Senior Center newsletter or the Recreation Activities Guide. \*Ages 50 & up

# HEALTH & WELLNESS, CARE MANAGEMENT

## Finding Peace in a Frantic World: Mindfulness Stress Reduction

**#46813 Room 149**

**Fridays, July 13 - August 31 10am - 12pm**

Our 8 week program is under way but newcomers are still invited to join. Discover some simple practices to incorporate into your daily life to progressively free yourself from anxiety and stress. Sessions are led by supervised, pre-licensed therapists through partnership with Process Therapy Institute, a counseling and education-oriented nonprofit organization committed to enhancing self-awareness and improving the quality of relationships. Participation is free and pre-registration is required.

### Health & Wellness: Thinking About Pain

We all experience pain at one time or another - an uncomfortable feeling and/or an unpleasant sensation in the body, either classified as "acute" (meaning situational, with an expected end point) or "chronic" (ongoing). Each person is the best judge of his or her own pain, but the U.S. National Library of Medicine has this to say: "Acute and chronic pain are different clinical entities. Acute pain is provoked by a specific disease or injury, serves a useful biologic purpose, is associated with skeletal muscle spasm and sympathetic nervous system activation, and is self-limited. Chronic pain, in contrast, may be considered a disease state. It is pain that outlasts the normal time of healing, if associated with a disease or injury. Chronic pain may arise from psychological states, serves no biologic purpose, and has no recognizable end-point. Both acute and chronic pain are an enormous problem in the United States, costing 650 million lost workdays and \$65 billion a year." See the Health and Wellness Program for more information on pain and/or attend the class on August 21st.

## Walk A Block

**Mondays & Wednesdays, 10am – 10:30am**

Join fellow walkers for as many self-paced laps around the block as you can manage in 30 minutes, starting from the front desk seating area at 10am. Make one easy change for a better "You" this week - get off the couch! Walking improves cardiovascular health and increases your endurance and strength for other types of exercise. Whether you're counting steps (1,000 in one lap) or mileage (once around is 0.4 mile), or just want some company while burning calories, make a change for good at Walk A Block.

## Blood Pressure Clinic

**Thursdays 9:30–11:30 a.m.**

Free drop-in blood pressure check by our volunteer nurse every Thursday morning in the Health & Wellness office.

## Clutter Masters

**2nd & Last Thursday each month 10:30 a.m.–12:00 p.m.**

If you are struggling to manage an overwhelming number of belongings, come join us for support and information. For more information, please call the Health & Wellness Program nurses. There is no fee and all are welcome to attend.

## A Few Good Men

**Fridays • 12:30–2:00 p.m.**

Need to get out of the house and enjoy the company of a few other good men? Join other men as they share some stories, explore the process of getting older and learn about their health.

## Summer Wellness Series

Classes are held on Tuesdays, 1pm-2pm, in Conference Room 205. Pre-registration is required. Each class costs \$6 or Santa Clara senior discount of \$5. Join us for some interesting discussion and up-to-date information!

**Give Care and Take Care - August 7 #46166**

In this overview class for those caring for loved ones, we will discuss planning ahead, helpful legal documents to prepare and the options for support and respite. *Instructor: Mallory von Kugelgen, RN, PHN.*

**Pain: Speak Up, Don't Give Up - August 21 #46167**

Pain is real and should be taken seriously. We'll learn ways to distinguish the type and severity of pain and discuss methods for eliminating or managing it. Don't suffer in silence. Pain can be managed. *Instructor: Larisa Polozova, RN, MMS.*

# ALWAYS HAPPENING

## Ballroom Dancing

**Tuesdays and Thursdays • 7:30–10:30 p.m.**

Dancing is a great way to exercise, socialize, and connect with friends new and old. Free dance lessons (Waltz, Fox Trot, Latin and more) are offered from 6:30–7:30 p.m. Admission to the dances is \$6 when live bands play and \$5 when hosted by a DJ.

## Dining Out

**Served Monday-Friday • 11:30 a.m. • \$3.00 donation.**

**Call our reservation hotline at (408) 615-3174**

Visit with old friends or make new ones while enjoying a nutritionally balanced hot lunch. Menus, constructed by a registered dietician with input from seniors, change throughout the seasons. There is always an option to the hot meal such as meat or vegetarian salads, and sandwiches. Advance reservations are required. Please contact our Dining Out staff for information. Services available to Santa Clara County seniors age 60+. Fee for guests under the age of 60, is \$6.00.

## Drop-In Crafts

**Thursdays • 1:00-3:00 p.m. • Santa Clara Senior Center**

The Santa Clara Senior Center invites you to revisit an old hobby or take up a new one. Here is an opportunity to work on your own self-directed project in the company of others who share your love of crafts. Please, do not bring in projects that produce strong fumes (such as glues, paints or materials with toxic components). Finishing products are not allowed in the Senior Center. Please check with the front desk for the room assignment each week. All seniors, age 50+, are welcome. Space is limited; first come, first served. Storage space is not available at the Senior Center. Engage your brain as well as your creativity.

## Free Library E-Books

**Wednesday, August 29, 2012 • 1:00-2:00 pm**

*Senior Center Computer Lab, Room 231*

Find out how to borrow thousands of books for reading or listening from the Library's website.† They will work on your Kindle, iPad, iPhone, iPod, Android, MP3 player or your computer.

*Instructor – Library Staff*

## Game On!

Santa Clara Parks and Recreation Department invites you to play at the Senior Center. Playing games is a great way to spend time with old friends and meet new friends all while keeping your mind sharp and staying "on top your game". Most games can accommodate any number of drop in players. Refer to the table below for more information on a game that interests you.

Game	Day	Time	Location	Contact	Drop Ins
Bingo	Tue, Fri	12:15-2:45 p.m.	Auditorium	Staff 615-3170	Welcome

### Games, Games, Games

Mexican Train, Dominos, Cribbage and more	Mon, Wed	1:00-3:00 p.m.	Auditorium	Staff 615-3170	Welcome
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### Card Games

Bridge, Intermediate	Mon, Wed, Fri	12:30-3:00 p.m.	Mezzanine *Auditorium on 4th Wed*	Duane 246-9794	Call first
Bridge, Intermediate	Tue	12:00-4:00 p.m.	Mezzanine	Manny 828-7741	Welcome
Bridge, Intermediate	Wed	9:00-11:30 a.m.	Mezzanine	Betty 248-3952	Call first
Canasta	Tue	12:00-4:00 p.m.	Mezzanine	Staff 615-3170	Welcome
Pinochle	Tue	12:00-4:00 p.m.	Mezzanine	Staff 615-3170	Welcome
Poker	Mon-Fri	7:30-10:00 a.m.	Mezzanine	Staff 615-3170	Welcome

### Active Games





Wii	Mon-Fri Sat	7:00 a.m.-4:30 p.m. 9:00-11:30 a.m.	Fitness Center	Staff 615-3170	Welcome
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MONDAY	TUESDAY	WEDNESDAY
<b>AUGUST</b>		<b>1</b> Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Walk A Block 10-10:30
<b>6</b> Computer Lab/ Billiard Room 7-4:30 Snack Bar 8-4 Walk A Block 10-10:30	<b>7</b> <b>ADVENTURES TO GO:</b> <b>WONDERS OF BIG SUR</b> 8:00 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:15 <b>TGA Tuesday Dance – 7:30-10:30pm</b> <b>The Tenor Dance Band</b>	<b>8</b> Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Walk A Block 10-10:30
<b>13</b> Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Walk A Block 10-10:30	<b>14</b> Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:15 <b>TGA Tuesday Dance – 7:30-10:30pm</b> <b>Nob Hill Sounds - Hawaiian Theme</b>	<b>15</b> <b>ADVENTURES TO GO:</b> <b>LES MISERABLES</b> 12:00 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Walk A Block 10-10:30
<b>20</b> Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Walk A Block 10-10:30	<b>21</b> <b>ADVENTURES TO GO:</b> <b>UP ON THE ROOF</b> 8:45 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:15 <b>TGA Tuesday Dance – 7:30-10:30pm</b> <b>The Casuals</b>	<b>22</b> <b>Let's Talk Travel!</b> 12:30 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Walk A Block 10-10:30
<b>27</b> Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Walk A Block 10-10:30	<b>28</b> <b>ADVENTURES TO GO:</b> <b>CACHE CREEK</b> 7:30 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:15 <b>TGA Tuesday Dance – 7:30-10:30pm</b> <b>Colin Dickie DJ</b>	<b>29</b> Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Walk A Block 10-10:30





THURSDAY	FRIDAY	SATURDAY
<b>2</b> <b>ADVENTURES TO GO:</b> <b>TACHI PALACE CASINO</b> 7:30 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 <b>Thursday Night Dance</b> <b>GERI FOLEY, D.J. 7:30-10:30pm</b>	<b>3</b> Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:15	<b>4</b> Snack Bar, Computer Lab, Billiards 9-11:30
<b>9</b> <b>ADVENTURES TO GO:</b> <b>WONDERS OF BIG SUR</b> 8:00 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 <b>Clutter Masters</b> 10:30-12:00 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 <b>Thursday Night Dance</b> <b>THE CASUALS 7:30-10:30pm</b>	<b>10</b> Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:15	<b>11</b> Snack Bar, Computer Lab, Billiards 9-11:30
<b>16</b> <b>Welcome Newcomers!</b> 10:30 <b>Lunch Meet</b> 12:30 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 <b>Thursday Night Dance</b> <b>10th AVENUE BAND 7:30-10:30pm</b>	<b>17</b> Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:15	<b>18</b> Snack Bar, Computer Lab, Billiards 9-11:30
<b>23</b> Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 <b>Thursday Night Dance</b> <b>Nob Hill Sounds 7:30-10:30pm</b>	<b>24</b> Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:15	<b>25</b> Snack Bar, Computer Lab, Billiards 9-11:30
<b>30</b> Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 <b>Clutter Masters</b> 10:30-12:00 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 <b>Thursday Night Dance</b> <b>LYRATONES 7:30-10:30pm</b>	<b>31</b> Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:15	



# DINING OUT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 = Higher in sodium		 <div> <div>8/1</div> <div>Roast Turkey w/Gravy, Corn Bread Dressing w/Gravy, Romaine Tossed Salad, Cut Green Beans Citrus Fruit Cup Oatmeal Raisin Cookie</div> </div>	 <div> <div>8/2</div> <div>Beef Lasagna w/Cheese Spinach Tossed Salad Calif. Blend Vegetables Fresh Watermelon</div> </div>	 <div> <div>8/3</div> <div>Chicken Salad, Tomato Bisque Soup Mixed Greens &amp; Tomato Cucumber, Tomato &amp; Onion Salad Strawberries, Apple Streusel Cake</div> </div>



Week of 7/2 Alternative Meal — Chicken Pasta Salad or Vegetarian Cottage Cheese Salad or Tuna Sandwich or Vegetarian Patty Burger

 <div> <div>8/6</div> <div>BBQ Chicken Oven Baked Red Potatoes Calif. Blend Vegetables Cantaloupe</div> </div>	<div> <div>8/7</div> <div>Sweet &amp; Sour Meatballs Rotini Noodles Green Beans Spinach Romaine Salad Fresh Watermelon</div> </div>	<div> <div>8/8</div> <div>Roast Beef w/Gravy Whole Wheat Roll Raw Broccoli Salad w/Raisins Diced Potato Apple Pie</div> </div>	 <div> <div>8/9</div> <div>Turkey &amp; Cheese Sandwich Split Pea Soup Potato Salad Marinated Spring Garden Salad Fresh Banana</div> </div>	<div> <div>8/10</div> <div>Baked Fish w/Lemon Sauce Coleslaw Mixed Vegetables Fresh Orange Chocolate Chip Cookie</div> </div>
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Week of 8/6 Alternative Meal — Chef Salad or Vegetarian Cottage Cheese Salad or Roast Pork Sandwich or Vegetarian Patty Burger

<div> <div>8/13</div> <div>Roast Turkey w/Gravy Bread Stuffing Capri Blend Vegetables Spinach Tossed Salad Chilled Peaches</div> </div>	<div> <div>8/14</div> <div>Baked Fish w/Tartar Sauce Steamed Brown Rice Green Peas Romaine Iceberg Salad Fresh Orange Ice Cream Cup</div> </div>	 <div> <div>8/15</div> <div>Crispy Oven Baked Chicken Beef Barley Soup Spinach Mexicali Corn Salad Fresh Banana Chocolate Cake</div> </div>	 <div> <div>8/16</div> <div>Cabbage Roll Scalloped Potatoes w/Gravy Italian Blend Vegetables Fresh Melon Cup</div> </div>	<div> <div>8/17</div> <div>Meatloaf w/Gravy Corn Bread Whipped Potatoes Normandy Blend Vegetables Mixed Fruit Crisp</div> </div>
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Week of 8/13 Alternative Meal — Greek Chicken Salad or Vegetarian Bean Salad or Roast Beef Sandwich or Vegetarian Patty Burger

 <div> <div>8/20</div> <div>Veal Parmesan Whole Grain Pasta Glazed Diced Carrots Garden Vegetable Salad Fresh Watermelon</div> </div>	<div> <div>8/21</div> <div>BBQ Chicken Potato Salad Spinach Fresh Banana Tapioca Pudding</div> </div>	<div> <div>8/22</div> <div>Swedish Meatballs Seasoned Brown Rice Peas &amp; Onions Romaine Iceberg Salad Fresh Honeydew Melon</div> </div>	<div> <div>8/23</div> <div>Roast Beef w/Gravy Rye Bread Whipped Potatoes Broccoli &amp; Cauliflower Fresh Fruit in Season</div> </div>	 <div> <div>8/24</div> <div>Fish Sandwich Lentil Soup Mixed Greens &amp; Tomato Salad Three Bean Salad Fresh Orange Chocolate Brownie</div> </div>
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Week of 8/20 Alternative Meal — Santa Fe Chicken Salad or Vegetarian Cottage Cheese Salad or Turkey Sandwich or Vegetarian Patty

<div> <div>8/27</div> <div>Chicken Marsala Parslaid Diced Potatoes Zucchini &amp; Summer Squash Fortified Juice Ice Cream</div> </div>	 <div> <div>8/28</div> <div>Beef Enchilada w/Cheese Spanish Rice Chuck wagon Corn Garden Vegetable Salad Fresh Honeydew Melon</div> </div>	<div> <div>8/29</div> <div>Roast Pork w/Applesauce Whole Grain Pasta Peas &amp; Carrots Sweet &amp; Sour Cabbage Fresh Fruit in Season Snicker Doodle</div> </div>	 <div> <div>8/30</div> <div>Oriental Shoyu Chicken Vegetable Soup Imperial Brown Rice Spinach Carrot Mandarin Salad Fresh Fruit in Season</div> </div>	<div> <div>8/31</div> <div>Beef Hamburger Patty w/Cheese Hamburger Bun Country Potato Salad Cucumber, Tomato &amp; Onion Salad Fresh Watermelon</div> </div>
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Week of 8/27 Alternative Meal — Chef Salad or Vegetarian Bean Salad or Tuna Sandwich or Vegetarian Patty Burger



# ALWAYS HAPPENING

## Santa Clara Women's League

**2nd Tuesday of each month • 1:00 p.m.**

The Santa Clara Women's League is a service organization which supports the Health and Wellness Program at the Senior Center. Membership flyers are available at the Santa Clara Senior Center. New members are always welcome.

## Lapidary

**Thursdays and Fridays • 9:00 a.m.–1:00 p.m.**

Join the Lapidary drop-in program and learn to cut and polish rocks and begin making beautiful jewelry. Registration/Release is needed to participate. *(Donations accepted are used to replenish consumable lapidary supplies).*

## Woodshop

**Tuesdays and Thursdays • 8:00 a.m.–12:00 p.m.**

The Woodshop is a great place to work on small projects and repairs. Join others who enjoy woodworking. A woodshop orientation is required. Beginners are welcome. *(Donations accepted are used to replenish consumable woodshop supplies)*

## Welcome Newcomers

**3rd Thurs. of each month • 10:30–11:30 a.m. • Rm 205**

Join us for an informal yet informative get-together as we introduce you to the activities, programs, and services the Santa Clara Senior Center has to offer. An escorted tour of the 60,000 square foot facility will be available to those interested. Seniors, family members, and caregivers are welcome to attend. No preregistration is necessary.

## Lunch Meet

**Thursday August 16, 2012 • 12:30 – 1:30 p.m. • Rm 232**

Join us as Janet Berry, Deputy District Attorney for Santa Clara County, will teach us how to combat Elder Fraud.

Topics:

- Identity theft and how to recognize a phone call scammer
- Home entry and Power of Attorney scams
- How to find a caregiver or skilled nursing facility
- Personal safety and building your community
- How to protect yourself from financial victimization

Learn how scams are carried out and what you can do to decrease your odds of being caught up in one. There will be time for your questions after the presentation. All are welcome to attend this free drop-in program. Bring your lunch if you'd like.

## Did You Know?

The National Center on Elder Abuse (NCEA) estimates that between 1,000,000–2,000,000 elders, age 65+ are abused annually. Elder abuse includes physical abuse, sexual abuse, emotional abuse, financial abuse, neglect, abandonment, and self-neglect. The NCEA estimates only one out of fourteen incidents come to the attention of authorities.

Information on elder abuse may be obtained from the National Center on Elder Abuse at 1-202-898-2586 or [www.ncea.aoa.gov](http://www.ncea.aoa.gov). If you have been the victim of elder abuse or know someone who has, contact the Santa Clara Police Department at 408-615-5580.

## Woodshop Orientation

**August 8 and 22 • 9:30–11:30 a.m. • \$10**

This orientation is intended to provide a basic introduction to the hand tools, power tools and machines available for use. It is an introduction to operational and safety procedures of the Senior Center's woodshop. New users will be shown where to find materials and equipment in the Woodshop. Set up procedures and clean up procedures will be reviewed with students as well. Woodshop Classes will be offered soon! Make sure you are ready and sign up for your orientation now!

## Senior Advisory Commission

The Senior Advisory Commission consists of seven Santa Clara seniors who meet monthly, along with City staff, to discuss community-wide issues which impact seniors. Information is presented and shared and recommendations are offered on ways to improve the quality of life of all Santa Clara seniors. The role of the Commission is to make recommendations to the City Council on policy issues important to all seniors in our community. Commission members include Dwight Collins, Arlyne Diamond Ph.D, Barbara A. (Bobbi) Estrada, Frank Kadlecsek, Donna Marencia, Alice Pivacek, and Chuck Roberts.

### Meetings:

**4th Mon. of each month • 10:00 a.m. • Rm 232**

Meetings are open to the public and agendas are posted in the Senior Center lobby and online at [www.santaclaraca.gov](http://www.santaclaraca.gov). You are welcome to drop in for any of our meetings and join the discussion or share your opinions on matters important to you.

# FITNESS CENTER & NATATORIUM

The 3,000 square foot Fitness Center is equipped with cardio equipment, weight machines, free weights, core conditioning equipment, and a stretch area. There is something for everyone.

## The Fitness Room and Natatorium are open

Monday–Friday 7:00 a.m.–4:30 p.m.

Saturday 9:00–11:30 a.m.

(Please check the schedule for when the Natatorium is closed for classes or cleaning)

## Fitness Center Orientation

Do you have questions about how to use a machine properly? If you are new to the Fitness Center, please watch the “Fitness Center Orientation Video.” The video walks you through the Fitness Center and shows you how to properly use each piece of equipment. The video can be watched any time the Senior Center is open.

## Sharing is Caring

We’re happy our pools are well used by Santa Clara seniors. Between 1,500-2,000 senior swimmers use the pools each month. We have three lanes in which to accommodate walkers and swimmers of all abilities. Our goal in the Natatorium is to provide a safe and welcome environment where all can accomplish their fitness goals. You can help us be successful by doing the following when you are using the pools:

- empathize with seniors of all ages and abilities who share this space,
- practice patience when sharing a lane,
- approach your fellow swimmers calmly and politely if you have a concern,
- follow the pool rules for everyone’s health and safety.

So that pool users may make an informed decision whether or not water temperature is suitable for their needs, there is one (1) thermometer in each pool.

**Lap Pool:** Water temperature ranges from 81-84° F.

**Warm Water Pool:** Water temperature ranges from 90-94° F.

**Spa:** Water temperature ranges from 97-101° F.



## Walkers Are Welcome!

*Lane #1 is reserved for participants wishing to walk or water jog during the following days and times:*

*Monday: 7:00 a.m.–1:30 p.m. • Wednesday & Friday: 7:00–10:00 a.m. and 11:00 a.m.–1:30 p.m.*

*Tuesday & Thursday: 3:00–4:30 p.m.*

*Lanes #2 and #3 are always designated for swimmers only.*

## Open Lap Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-1:30pm	7:00am-1:30pm	7:00-10:00am	7:00am-1:30pm	7:00-10:00am	9:00–11:30am
		11:00am-1:30pm		11:00am-1:30pm	
3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	

## Open Warm Water Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	9:00–11:30am
12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	
3:00-4:30pm		3:00-4:30pm		3:00-4:30pm	

# ADVENTURES TO GO

## Adventures to Go...carefree travel for ages 50 plus

Try it! We think you'll like it. The Senior Center travel program, Adventures to Go, offers a wide variety of options for travelers 50 years and up. Embark on a day or overnight "adventure" to different locations throughout California. A monthly Adventures to Go newsletter with details for all our upcoming trips is available at the Senior Center or online at [www.santaclaraca.gov](http://www.santaclaraca.gov). Drop by the Senior Center or call (408) 615-3170 for registration information.

**Senior Center Registration Form:** Travelers are required to complete a new registration form and sign a liability release each calendar year. Forms are available at the Senior Center, and must be completed and submitted to the Senior Center office prior to participation in the travel program.

**Adventures to Go Participation Guidelines:** For Trip Registration procedures, Refund Policy, Travel Insurance recommendations, and Health and Physical Considerations, see the Santa Clara Senior Center Participation Guidelines, available at the Senior Center.

**Trip Pick-Up/Drop-Off Area:** Parking lot by the old police station at City Hall, located near the corner of Civic Center Drive and Lincoln Avenue in Santa Clara. Please arrive at least 15 minutes before trip departure for check-in. Motor coach will leave promptly at time specified.

**Gratuities:** All trip fees include a modest gratuity for the driver of the motor coach and servers at hosted meals, where applicable. When you experience exceptional service, you may choose to tip an additional amount. City of Santa Clara employees and tour escorts cannot accept gratuities.

## New Trips

New trips were released at Let's Talk Travel on July 25. Santa Clara Resident Registration began at that time. Non-resident Registration began on the following Monday. See the August 2012 issue of the *Adventures To Go* Newsletter for detailed trip information. You may pick up a copy at the Senior Center or view it online at: [www.santaclaraca.gov](http://www.santaclaraca.gov) under Parks & Recreation and Senior Center.

## Day/Overnight Trips

<i>Tachi Palace Casino</i> .....	August 2
<i>Wonders of Big Sur</i> .....	August 7 & 9
<i>Les Misérables</i> .....	August 15
<i>Up on the Roof</i> .....	August 21
<i>Cache Creek</i> .....	August 28
<i>Day In Monterey</i> .....	September 4
<i>War Horse</i> .....	September 9
<i>Santa Cruz Follies</i> .....	September 13
<i>SF Giants vs. San Diego Padres</i> .....	September 23
<i>Thunder Valley Casino</i> .....	September 27
<i>Apple Hill</i> .....	October 4
<i>Golden Gate Bridge Walk</i> .....	October 10
<i>Mendocino Getaway</i> .....	October 15-18
<i>Golden Gate Fields</i> .....	October 25
<i>Automobile Collection &amp; Cable Car Museum</i> .....	October 30

## New Trips

<i>The Lion King</i> .....	November 1
<i>Reno Getaway</i> .....	November 7-9
<i>Poinsettias, Cheese &amp; Chocolate</i> .....	November 29
<i>Christmas at Hearst Castle</i> .....	December 5-7
<i>Beach Blanket Babylon</i> .....	December 9

## Let's Talk Travel!

August 22 • 12:30 p.m.

### Presentation: Christmas at Hearst Castle

Join us and Let's Talk Travel! We meet on the fourth Wednesday of each month at 12:30 p.m. in the Mezzanine. Come and learn more about upcoming tours, see travel presentations, or just to talk travel. Santa Clara residents can register for newly released tours following *Let's Talk Travel*. Call (408) 615-3170 for more information.

# ADVENTURES TO GO

*The following trips were available at the time this publication was printed. For a complete listing of trips, see the Adventures To Go Newsletter. Contact the Senior Center for registration information.*

## Thunder Valley Casino

**No. 46923 • Thursday, September 27 • \$40 per person**

*Activity level: MEDIUM – approx. 3 hour drive; periods of walking, standing, and sitting.*

We're traveling to the Thunder Valley Casino & Resort in Lincoln, offering over 144,500 square feet of gaming excitement. Enjoy a drink or delicious cuisine served at one of the 14 bars and restaurants on the premises. Receive a \$15 match play and \$5 food credit that can be used at many of the dining facilities. Please remember your valid photo ID to collect any bonuses, winnings, or rewards. **Bus leaves promptly at 7:30 AM and returns at approximately 5:30 PM.**

## Apple Hill

**No. 46924 • Thursday, October 4 • \$87 per person**

*Activity level: MEDIUM – 3 1/2 hour drive each way; periods of walking on uneven ground; good walking shoes required.*

We're traveling via luxury Royal Coach motor coach to the beautiful High Hill Ranch on Apple Hill in Placerville. When we arrive, we'll enjoy a delicious, hosted BBQ Chicken lunch served in the Pie House Dining Room. Lunch includes ¼ of a whole chicken (rotisserie style), macaroni salad, dinner roll with butter and honey, apple juice, coffee or hot tea. We'll complete our meal with hot Apple Pie Alamo! After lunch, we'll sit back and relax as we take the Guided Loop Tour. The tour guide will talk about the history and development of Apple Hill while pointing out sites along the way and will provide a few quick stops to give us an opportunity to shop. As the motor coach winds down a country road, we will take in all the beautiful scenery, fruit filled orchards, and fall colors spreading across the countryside. Our last stop will be at High Hill Ranch where you can visit the gifts shop and craft fair, and purchase apples or pies to take home. **The motor coach leaves promptly at 7:30 AM and returns at approximately 7:30 PM.**

## Automobile Collection & Cable Car Museum

**No. 46927 • Tuesday, October 30 • \$92 per person**

*Activity level: MEDIUM – approx. 1 hour drive; moderate walking; some stairs; elevator.*

Richard A. Stephens, former Academy of Art University President, has always had a penchant for cars, a sentiment that has been passed down to his daughter and current President of the Academy, Dr. Elisa Stephens. Desiring to offer automotive design at the Academy, Mr. Stephens wanted to give students a design perspective that they would not be able to receive from anywhere else. With access to a museum of rare and classic vehicles, students can study exquisite design and apply that sense of craftsmanship to their own artistic pursuits. We will tour this magnificent automobile museum that preserves and pays homage to these classic fixtures of international automotive innovation and also provides inspiration and a sense of history to students that attend the Academy. Our lunch will be at the Delancey Street Restaurant which is a key training school of the Delancey Street Foundation, the country's largest self-help residential organization for people who are looking to rebuild their lives. In an extraordinary spirit of community service, the owners, chefs and wait staffs of the finest restaurants in the City have helped train the residents to cook, manage and serve in this restaurant which was designed, built, and is operated completely by Delancey residents. Hosted lunch will include choice of Roasted Rosemary & Garlic Chicken, Grilled Burger, or Pasta Pesto. After lunch we'll visit The Cable Car Museum which was established in 1974. Located in the historic Washington/Mason cable car barn and powerhouse, the museum deck overlooks the huge engines and winding wheels that pull the cables. Downstairs is a viewing area of the large sheaves and cable line entering the building through the channel under the street. On display are various mechanical devices such as grips, track, cable, brake mechanisms, tools, detailed models, and a large collection of historic photographs. The museum houses three antique cable cars from the 1870s. **Bus leaves promptly at 9:00 AM and returns at approximately 4:30 PM.**